

# Ham Steaks

When most people think of ham, they think of the thick pinkish slab that is cut up on holidays and often has a pineapple glaze on it. However, if you buy a half a pig from the butcher, your ham won't be prepared like that. It'll be raw, dark grey steaks, and not cooked, ready to eat ham. Ham steaks are a little tougher, and gristlier than the average cut of pork. They also often have bone in them. They aren't any more difficult to cook than other cuts of meat, though they still won't be grocery store ham.

## Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

## Meal Adaptations:

### Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

### Visual Accommodations:

Colored chopping boards

## Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pepper

Pork

Potatoes

Spices

## Meatless Preparation Avoid:

Butter

Pork

Substitute with: \_\_\_\_\_

**Utensils:**

Fork

Steak knife

Pan: 2.5 quart oven safe oblong with lid

**Ingredients:****Meat:**

Ham steaks

**Vegetables:**

15 ounces of carrots

15 ounces of peas

15 ounces of potatoes (canned, instant, or whole)

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Place ham steaks in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

**Cook Temperature:** 350 degrees

**Cook Time:** 1 hour

**Servings:** 2 to 3 per steak

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.